

MILLET A SUPER FOOD FOR MENU PAUSAL WOMEN

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Abstract :

On the basis of above discussion we came to know about beneficial effects of millets. Millets are not only food but super food for menopausal women. Because it contains all those nutrients which are required for a menopausal women and millets also improves immune system. It gives protection from heart attacks and lower blood cholesterol level, support estrogen deficiency and help to overcome type 2 diabetes. Millets is also good for weight loss specially belly fats. It also reduces hot and cold flashes as well as mood swing. Therefore it is proved that millet is a super food for menopausal women.

Introduction :

Millet is a cercal grass, *Setaria Italica*, cultivated for grain and animal fodder. An East Indian annual grass, *panicum miliaceum*, cultivated for grain and forage, having pale round shiny seeds. The most popular Indian millet is pearl millet called Bajra in Hindi and the second most widely grown millet in India is foxtail millet called "Kangni" or "Kakum" in Hindi. Other popular millets are sorghum, called Jawar and Finger millet called Ragi or Nachni in Hindi. Millet are very healthy for human beings. There are so many millet is best to eat daily like Jawar, Bajra, Kangni, Ragi, Kodo, Proso etc. which have similar health benefits. Like controlling blood sugar level, maintain harmonal balance release estrogen, healthy for bones.

Types of millets :



As we know menopause is the time that makes the end of women's menstrual cycles. It's diagnosed after lady have gone 12 months without a menstrual period. Menopause can happen in the age of 40s on 50s. It is a natural biological process. Menopause is divided into three basic stages perimenopause, menopause and postmenopause. During this time the ovaries begin to atrophy reply which causes a decline in the production of the hormones that stimulate the menstrual cycle. Eastrogen and progesterone. These hormones protect our heart and bones, also protect to heart attacks fractures and osteoporosis.

Benefit of Millets :

As we know millet is a good source of protein, fiber, key vitamins and minerals.

The protential health benefits of millet include protecting cardiovascular health, preventing the one set at diabetes, helping people achieve and maintain a healthy weight and managing implementing input, millet is an adaptable grain. Millets have numerous health benefits, including helping to lever our Blood Sugar and cholesterol levels.

There's also gluten free. It is rich in Niacin. Which is important for healthy skin and organ function. It also has beta carotene, especially the dark-coloured grains which converts to Vitamin A, helps over body fight free radicals and support our immune system.

Proven Health benefits of Millets :

- 1) Aid weight loss. Millets are rich in protein and fiber two essential nutrients for weight loss.
- 2) Keep Blood Sugar level low.
- 3) Boost immunity.
- 4) Reduced cardiovascular risks.
- 5) Prevent Asthama
- 6) Aids Digestion
- 7) Acts as an Antioxidant.

Required Nutrients for Menopause :

Eating a healthy varied diet including plenty of fruits, vegetables, wholegrain calcium rich food and low-fat dairy products having a moderate intake of caffeine and alcohol being physically active for at least 150 minuets over a week, including a weight bearing activities on two or more days. Before menopause you should have about 1,000 mg calcium daily, after menopause, you should have up it to 12,00 mg of calcium per day. Vitamin D is also very important for calcium absorption and bone formation. Vitamin D can greatly cut your risk of

spinal fracture. Vitamin B6 and Vitamin B12 can help during menopause, Vitamin B6 help ward off menopausal depression and increase energy by boosting serotonin.

Dietary Guidelines for Menopause :

- 1) Get enough Vitamin B and Vitamin D.
- 2) Eat and Drink two are four servings of dairy products.
- 3) A whole foods, diet high in fruits, vegetables, whole grains, high quality protein may reduce your problems suffering from menopausal condition.
- 4) Chicken, turkey, fish, beans and legumes are good source of lean protein, which can keep you fuller longer.
- 5) There are lots of key minerals which can help during menopause. The one I tend to recommend most are magnesium, calcium, iron, potassium, zinc, chromium and iodine, we can get all mineral from dark leafy greens, nuts, whole grains and vegetables.

Managing menopausal symptoms

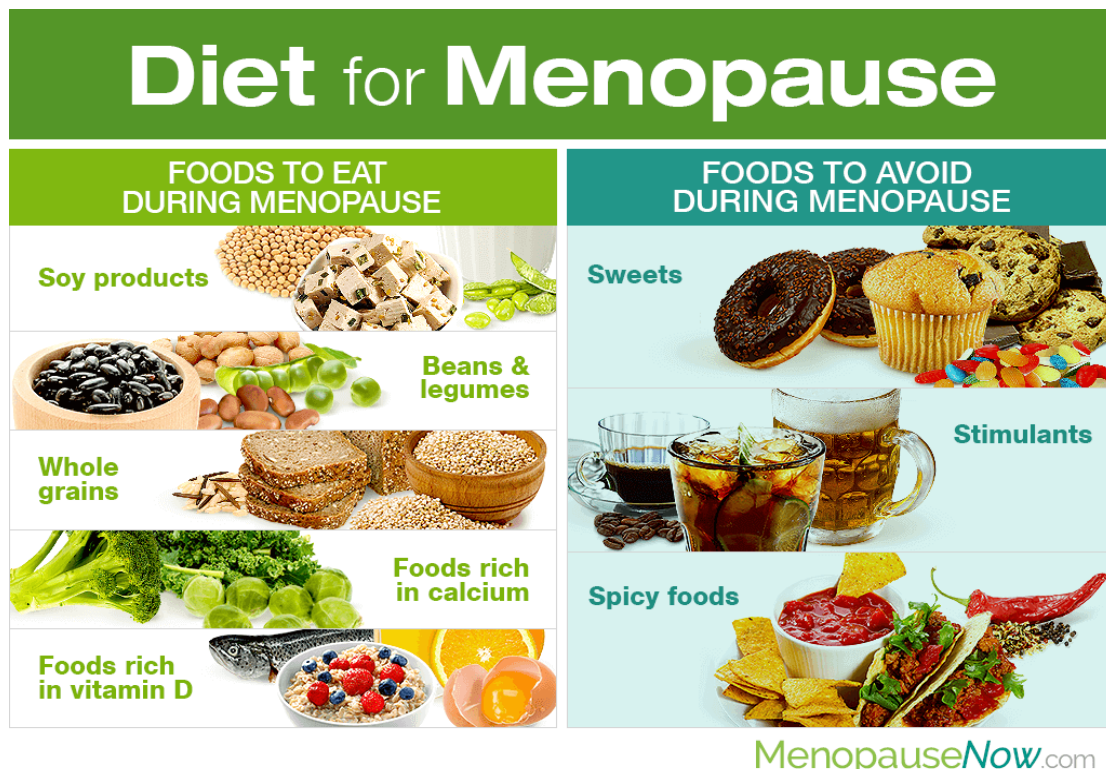
Supplements such as black cohosh, St John's wort, red clover	'Natural' doesn't always mean effective or safe. Several herbal or botanical remedies are marketed to help menopausal symptoms, but more scientific studies are needed to confirm their safety. They may vary in quality and can interact with other medications, so speak to your GP or pharmacist before taking.
Cut down on trigger foods that make your symptoms worse	Certain foods including caffeine, alcohol or spicy foods can trigger or worsen hot flushes and night sweats.
Soy and Soy products	There is some evidence that phytoestrogens (soy isoflavones) may help hot flushes but this is inconsistent and we are uncertain as to what dose or duration may be helpful. Eating foods like tofu and soybean can be part of a healthy, balanced diet.
Eat foods to support your heart health	Eat a diet rich in fruits, vegetables, high-fibre foods (such as wholegrains) and oily fish, whilst limiting foods high in saturated fat, sugar and salt.
Look out for vitamin D and calcium, important for bone health	Include sources of calcium (such as dairy products or fortified dairy alternatives) and vitamin D (such as oily fish, eggs and fortified breakfast cereals) in your diet. For more information read our Calcium Counts and Vital Vitamin D resources.
Be physically active	Try to cut down on long periods of sitting down and aim to be active for at least 150 minutes over a week including weight-bearing activities on two or more days.

Super Foods for Menopause :









- 1) Because menopause causes an Estrogen Deficiency. It's wise to incorporate foods high in estrogen into your every day diet for example, soya beans, edamame, flax seeds, seasome seeds, garlic, peaches, berries and dried fruits are all high in phytoestrogens.
- 2) Focusing plant based foods, such an fruits, vegetables and whole grains in beneficial for getting rid of menopause belly.
- 3) Low-calorie Dense foods reduce hormonal belly fat ? It includes fruits, vegetables like strawberries, cocumbers and leafy greens.
- 4) Probiotic are beneficial bacteria that can support your digestive health consuming foods rich in probates, such an yogurt, kefir, sauerkraut and kimchi or taking pro-biotic supplements may-help promote a healthy gut and reduce menopause bloating.
- 5) Favour Bitter and Astringent foods include rice milk and cream, sweet lassi, wheat products, pears and plumps also specify pitta dosha.

Is Ragi Goods for Menopause :

Eating mindfully and is small partions can go a long way a managing menopause related issues. Brown rice, wheat corn, millets-Ragi, Jawar, Bajra, Oats, Quinoe, Buckwheat and barley all provide energy, fiber and minerals that will keep you full for longer and manage weight.



Diet for Menopause

FOODS TO EAT DURING MENOPAUSE	FOODS TO AVOID DURING MENOPAUSE
<p>Soy products</p> 	<p>Sweets</p> 
<p>Beans & legumes</p> 	<p>Stimulants</p> 
<p>Whole grains</p> 	<p>Spicy foods</p> 
<p>Foods rich in calcium</p> 	
<p>Foods rich in vitamin D</p> 	

MenopauseNow.com

Conclusion :

Inclusion of Kodo millet in regular diet has been reported to be beneficial for menopausal women. The dehulled varieties of barnyard millets are found to be beneficial for type-2 diabetes patients. Little millet is a rich source of Vitamin B3. Which lowers blood cholesterol level, regularly eating millets and legumes can help and ease some of the symptoms associated with menopause because they are rich in phytoestrogens, which can support estrogen deficiency on the basis of above discussion it is proved that millets are super food for menopausal women.

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